



Gammy's House Recipes

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Chamomile Tea

The cheery little flowers that are used for brewing this tea give the infusion a delicate color. With their apple like fragrance are most familiar for their contribution to our nighttime tea. The calming effect of Chamomile tea is legendary and is based in scientific fact. The tea can also be used cosmetically to bring out the highlights in your hair. Recently there has been some evidence that a preparation made with chamomile and applied externally is good for eczema and sore itchy skin. Fresh plant can cause skin rash for some people.

Ingredients:

2 ½ cups boiling water
1 Tablespoon dried chamomile flower heads
Superfine sugar or honey (optional)

Directions:

Put the chamomile flowers into a teapot or directly into a cup or mug. Pour on the boiling water and leave to infuse for about 5 minutes or longer if you prefer a stronger flavor.

Strain the tea and, if you wish, add a small amount of sugar or honey and stir to dissolve.

